



North Eastern Institute of Ayurveda & Homoeopathy

(An Autonomous Institute under the Ministry of AYUSH, Government of India)

Mawdiangdiang, Shillong, Meghalaya-18



AYUSH ADVISORY ON COVID-19

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures & boosting immunity with special reference to COVID-19.

Dietary Measures

- Drink lukewarm water frequently.
- Food should always be freshly prepared, warm and easily digestible.
- Take varieties of seasonal fruits (amla/Indian gooseberry etc.) and vegetables such as varieties of beans, lentils, legumes, bitter gourd & starchy tubers, green leafy vegetables, etc (including mint leaves, coriander leaves, chameleon plant, curry leaves, lettuce etc.).
- Spices like turmeric, cumin, coriander, cloves, cinnamon, cardamom, pepper, ginger, onion, garlic & seasonal seeds are recommended in cooking.
- Golden milk - half tea spoon turmeric powder in 150 ml hot milk, once daily.
- Consume Chyavanprash 20 gm in divided doses on empty stomach with lukewarm water or milk.
- Avoid food that are high in salt and sugar, processed meat and cold & frozen food etc.

Simple Ayurvedic Procedures

- Nasal application : Apply sesame oil / coconut oil / cow ghee / Anu Taila in both nostrils in morning and evening.
- Oil pulling therapy : Take one table spoon of sesame oil or coconut oil in the mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off, followed by warm water rinsing. This can be done once or twice daily.

During dry cough/ sore throat:

- Steam inhalation with plain water or fresh pudina (mint) leaves or ajwain (caraway seeds) or karpur (camphor) can be practiced once in a day.
 - Lavang (clove)/ mulethi (liquorice) powder mixed with natural sugar/ honey can be taken 2-3 times a day in case of cough or throat irritation.
- * These measures generally treat dry cough and sore throat. However it is best to consult a qualified physician if symptoms persist.

Disclaimer: The above advisory does not claim to be treatment for COVID - 19.

***These suggested measures are supported by Ayurvedic and Homoeopathic literatures, scientific publications and evidence based on COVID-19 studies undertaken by the Ministry of AYUSH.**

Lifestyle Measures

- Physical Exercise / Yogasana / Pranayam / Meditation for at least 30 minutes daily as advised by the Ministry of AYUSH National Clinical Management Protocol for COVID-19 prophylaxis.
- Gargling with warm water added with a pinch of turmeric or salt.
- Maintain personal hygiene, wash hands frequently for a minimum of 20 seconds with soap & water, practice physical distancing of at least 1 meter and wear appropriate face mask.
- Cover nose and mouth while coughing or sneezing with handkerchief.
- Avoid touching the eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Take adequate sleep (7-8 hours per day) and avoid day time sleep.
- Avoid intake of alcohol, smoking and tobacco chewing.

Ayurvedic Preventive Measures

- Guduchi GhanVati 500 mg/ Ashwagandha tablet 500 mg : Twice daily after meals with lukewarm water.
 - Herbal tea/decoction (AYUSH kwath) : Made from 3 gm powder comprising tulasi (basil)-4 part, dalcini (cinnamon)-2 part, shunthi (dry ginger) - 2 part, kalimirch (black pepper)-1 part, mixed in 150ml hot boiled water once or twice a day. Add gud (jaggery)/ munakka (raisin)/ elaichi (cardamom) to improve taste and flavor.
- Note:** Vasa (malabar nut), yashtimadhu (liquorice root), guduchi (giloy), may be added as per the constitution (prakriti) of individual/ seasonal changes/ geographical variation in consultation with Ayurveda physicians.

Homoeopathic Prophylactic Measures for healthy population

- **Arsenicum Album 30 C** : 4 globules (adult), 3 globules (6 month to 10 years) daily morning once in empty stomach for three days, to be repeated every 3 (three) weeks in the same schedule as long as COVID-19 persist.

**Telephone : 6009306849/6009306850 Website: www.neiah.nic.in
Email: dir-neiah@nic.in, neiahshillong@gmail.com**